

MENU ITEM	PORTION	CALORIES	TOTAL FAT	SAT FAT	CARB	SODIUM	FIBER	PROTEIN					
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LETTUCE

ROMAINE & BABY KALE	1 CUP	10	0	0	3	10	2	1					
SIGNATURE BLEND	1 CUP	10	0	0	2	4	1	1					
SPINACH	1 CUP	10	0	0	1	24	1	1					

GRAIN SALAD

FARRO & ARUGULA	1/4 CUP	40	2	1	8	35	1	2					
MINTED LENTIL SALAD	1/4 CUP	60	2	1	8	45	3	4					
ASIAN FARRO & PINEAPPLE	1/4 CUP	30	0	0	12	72	1	5					
QUINOA & COUSCOUS	1/4 CUP	50	2	0	6	118	1	1					
FREEKEH KALE & BRUSSELS	1/4 CUP	70	3	0	8	81	2	2					
ORANGE & BEET SALAD W/ FREEKEH	1/4 CUP	50	3	0	5	120	1	1					
BARLEY, BLACK BEANS, & MANGO	1/4 CUP	50	1	0	7	21	1	2					
BLACK BARLEY & FENNEL	1/4 CUP	50	1	0	10	49	2	2					
MASALA GARBANZO BEANS & RICE	1/4 CUP	30	1	0	5	15	1	1					
FREEKEH KALE SALAD	1/4 CUP	70	5	1	6	114	2	2					

VEGETABLE SALADS

MARINATED ARTICHOKE & CUCUMBER	1/4 CUP	10	1	0	2	32	1	1					
CUCUMBER TOMATO SALAD	1/4 CUP	20	2	0	1	59	1	0					
CURRIED CARROT SALAD	1/4 CUP	100	8	1	7	94	1	0					
KALE CAESAR	1 CUP	50	3	1	4	155	2	3					
CITRUS BEET & GRAIN W/ WALNUTS	1/4 CUP	80	4	1	9	128	1	3					
CHICKPEA CHERRY TOMATO W/ PECAN	1/4 CUP	90	6	1	7	64	2	2					
SESAME KALE	1 CUP	90	4	1	11	823	3	4					
EDAMAME RED CABBAGE	1 CUP	80	4	1	9	183	3	4					
MARINATED TUSCAN SALAD	1/4 CUP	40	1	0	6	144	2	2					

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PROTEIN CONT.

HERB CHICKEN	1/4 CUP	100	4	1	0	92	0	15					
ROTISSERIE CHICKEN	1/4 CUP	130	7	2	1	140	0	14					
HERB SHRIMP	1/2 CUP	60	0	0	0	63	0	14					
ROAST PORK	1/2 CUP	70	3	1	4	101	0	7					
COCOA CRUSTED STEAK	1/2 CUP	160	10	3	2	153	1	13					
CHIMICHURRI STEAK	1/2 CUP	140	10	4	0	60	0	12					
CHICKEN SALAD	4 OZ	260	16	3	1	260	0	25					
EGG SALAD	4 OZ	160	11	3	4	350	1	10		X			
HOMEMADE POPPY SEED CHX SALAD	4 OZ	200	10	1	9	260	1	20					
CRAB & SHRIMP SALAD	4 OZ	270	23	3	2	590	0	17					
LIME DILL TUNA SALAD	4 OZ	130	6	1	2	350	0	16					X
CHEESE													
FETA	1 T.	30	2	1	0	107	0	1					
GOUDA	1 T.	50	4	3	0	116	0	4					
QUESO FRESCO	1 T.	30	2	1	0	80	0	2					
SWISS	1 T.	60	4	3	0	27	0	4					
PEPPERJACK	1 T.	50	4	3	0	85	0	3					
CHEDDAR	1 T.	30	2	1	0	46	0	2					
BLUE CHEESE	1 T.	30	2	2	0	97	0	2					
MOZZARELLA	1 T.	40	3	2	0	70	0	3					

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DRY TOPPINGS

TOMATO	1/4 CUP	10	0	0	1	2	0	0					
CUCUMBER	1/4 CUP	5	0	0	1	1	0	0					
RED ONION	1/4 CUP	10	0	0	3	1	0	0					
RED CABBAGE	1/4 CUP	5	0	0	1	5	0	0					
CARROTS	1/4 CUP	10	0	0	3	19	0	0					
ROASTED RED PEPPERS	1/4 CUP	110	0	0	3	114	1	0					
KALAMATA OLIVES	1 T.	10	1	0	0	131	0	0					
BEETS	1/4 CUP	50	2	0	6	83	1	1					
DRIED FIGS	1 T.	20	0	0	6	1	1	0					
DRIED BING CHERRIES	1 T.	60	0	0	13	0	2	0					
MANGO	1 T.	30	0	0	7	5	1	0					
APRICOTS	1 T.	20	0	0	5	0	1	0					
CANDIED PECANS	1 T.	50	4	0	5	0	1	1					
CRAISINS	1 T.	30	0	0	8	0	0	0					
CROUTONS	1/4 CUP	90	7	1	5	43	0	1					
PISTACHIOS	1 T.	40	4	0	2	33	1	2					
WALNUTS	1 T.	50	5	0	1	0	1	2					
SLICED ALMONDS	1 T.	50	5	0	1	0	1	2					
PEANUTS	1 T.	50	5	1	2	37	1	2					
SUNFLOWER SEEDS	1 T.	50	4	0	2	0	1	2					
PUMPKIN SEEDS	1 T.	80	7	1	2	3	1	4					
WONTON STRIPS	1/4 CUP	60	3	0	6	58	0	1					
BAGEL CHIPS	1/4 CUP	30	1	0	5	78	0	1					
TORTILLA CHIPS	1/4 CUP	50	3	1	6	104	0	1					

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DRESSINGS													
RANCH	2 T.	110	11	2	2	260	0	0					
POPPY SEED	2 T.	130	11	2	8	230	0	0					
CAESAR	2 T.	30	2	0	1	58	0	1					
BALSAMIC VIN	2 T.	60	5	1	5	200	0	0					
AVOCADO RANCH	2 T.	90	8	1	2	177	0	0					
LEMON HERB VIN	2 T.	90	9	1	2	240	0	0					
TOASTED SESAME	2 T.	130	12	2	6	450	0	0					
SWEET THAI CHILI	2 T.	70	0	0	15	340	0	0					
RASPBERRY VIN	2 T.	130	12	2	5	90	0	0					